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PLEASE DELIVER THE ATTACHED MESSAGE TO:

Examiner Glenn E. Richman

Phone No.: (703) 308-3170
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From: Brian M. Dugan

Our File No.: BMD004

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant : Brian M. Dugan
Serial No. : 09/702,179
Filed : October 30, 2000
For : METHODS AND APPARATUS FOR MONITORING
AND ENCOURAGING HEALTH AND FITNESS
Examiner : Glenn E. Richman
Group Art Unit : 3764

TOTAL NUMBER OF PAGES INCLUDING THIS PAGE: 11

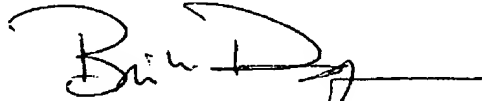
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Please charge Deposit Account No. 04-1696 in the amount of \$475.00 to cover the three-month extension of time. No other fees are believed necessary, however if additional fees are required please charge Deposit Account No. 04-1696.

Respectfully submitted,



Brian M. Dugan
Registration No. 41,720

Dated: March 29, 2004
Tarrytown, New York